



SHREWSBURY ADULT EDUCATION PROGRAM

Spring Catalog



Welcome to Shrewsbury Adult Education!

For more information, please
contact:
Christina MacDonald or
Cheryl Stoychoff at

(508) 841-8300, Extension 1686

Shrewsbury Adult Education
100 Maple Avenue
Shrewsbury, MA 01545

(508) 841-8300
Extension 1686

Email:
Adulted@shrewsbury.k12.ma.us

The Shrewsbury Adult Education Program was launched this past winter by a committee consisting of Dr. Anthony Bent (Superintendent of Schools, Ms. Deborah Peeples (School Committee), Mr. Mark Murray (School Committee), Mr. Stephen Winters (Co-Coordinator) and Ms. Christina MacDonald (Co-Coordinator). Thanks to the joint efforts of this committee, the administrators and custodial staff at Shrewsbury High School, and our program participants, this program experienced a very successful first session. On the heels of this success, we are now offering a Spring Catalog. In this catalog you will find some of our most successful courses from our Winter Session and a few new ones that we hope will strike your fancy. The purpose of this program is to provide our community with quality enrichment programs for adults and to encourage "life-long learning" for adults with varying interests. If you participated in our first session, then we thank you and hope you'll join us again. If you're new to this program or adult education, then we hope you find your experience with us enjoyable and fun! See you on March 30!

Tuesday Night Courses

Spring Session

Class Dates

March 30 & April 1

April 6 & 8

April 13 & 15

April 27 & 29

May 4 & 6

May 11 & 13

May 18 & 20

May 25 & 27

Registration:

March 5 to March 23

English as a Second Language—II

Kathy Lange-Madden

Teacher, Shrewsbury Public Schools

Learning to speak English is necessary for people who are planning to live and work in the United States. This course is designed for students with limited knowledge of the English language. Focus will be on grammar, pronunciation and conversational speaking. Methods include group discussion, lecture, presentations and demonstrations. Students enrolling in this course need not have taken English as a Second Language I or Introductory English as a Second Language. Instructor will provide all materials.

Course Code: ESL2

Tuesdays—8 Sessions—6:30-8:00 pm

Meeting Dates: 3/30, 4/6, 4/13, 4/27, 5/4, 5/11, 5/18, 5/25

Cost: \$120 per person

The Holocaust

Marge Potash

Teacher, Shrewsbury High School

The Holocaust occupies an integral part of our cultural psyche. This course will explore the Holocaust from both a historical and literary perspective. We will read memoirs, survivor testimonies, tales and poetry and view Holocaust art. Also, it is intended that participants in this course will have the opportunity to speak with Holocaust survivors and their loved ones. Participants should attempt to read Elie Wiesel's memoir Night before the first night of class. All other materials will be provided by the instructor.

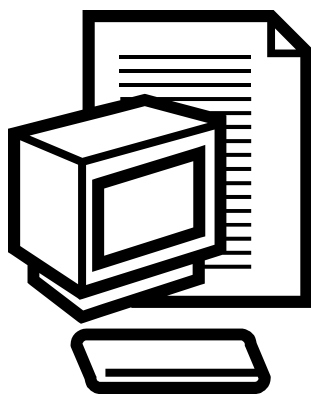
Course Code: HOLO

Tuesdays—8 Sessions—7:00-9:00 pm

Meeting Dates: 3/30, 4/6, 4/13, 4/27, 5/4, 5/11, 5/18, 5/25

Cost: \$160 per person

Tuesday Night Classes, Continued



*"They know enough
who know how to
learn."*

*-Henry Brooks
Adams*



Painting with Pastels for Beginners

Janalee Welch

Teacher, Shrewsbury MS

Painting with pastels is a relatively easy and affordable way to express one's self. In this class participants will learn about supplies, techniques, and the elements of composition. We will practice with still-lives and work from photographs. Tuition does not include supplies. Participants will receive a confirmation list with a list of supplies totaling approximately \$20.

Course Code: PWPB

Tuesdays—8 Sessions

7:00-9:00 pm

Meeting Dates: 3/30, 4/6,
4/13, 4/27, 5/4, 5/11,
5/18, 5/25

Cost: \$160 per person

Massachusetts Law for Parents

Wayne Sampson

Chief of Police, Shrewsbury

Parents of adolescents must face many challenges in raising our young people today. This course is designed to educate parents about pertinent laws regarding drugs and motor vehicles and guide them through the difficult maze that is the law. Join our Chief of Police for this all-important experience.

Course Code: MSLP

Tuesdays—6 Sessions

7:00-9:00 pm

Meeting Dates: 3/30, 4/6,
4/13, 4/27, 5/4, 5/11

Cost: \$120 per person

Digital Imaging

Marc Fine

Teacher, Shrewsbury HS

Digital still cameras, scanners, and DV camcorders are being used almost everywhere these days—from professional photography to capturing family memories. After taking or scanning photos, the real fun begins with editing and manipulating using your computer. This course will cover basic techniques and include discussion about the current marketplace and purchases.

Course Code: DIMF

Tuesdays—8 Sessions

7:00-9:00 pm

Meeting Dates: 3/30, 4/6,
4/13, 4/27, 5/4, 5/11,
5/18, 5/25

Cost: \$160 per person

The Roller Coaster Years

Sandra Wallach

Teacher, Shrewsbury PS

This course is based on the book *The Roller Coaster Years: A Comprehensive Guide for Parents of 10-15 Year Olds*. This class will meet once a week to discuss this book and use it as a springboard for discussion relating to parenting and teaching today's adolescents. Participants should read the above-mentioned book before the first night of class. This text may be purchased at local bookstores or online for approximately \$14.95.

Course Code: RCYR

Tuesdays—5 Sessions

7:00-9:00 pm

Meeting Dates: 3/30, 4/6,
4/13, 4/27, 5/4

Cost: \$100 per person

Making Memories with Albums—II

Lee Smith

Creative Memories Consultant

Want to take your album-designing skills to a whole new level? This class is an opportunity for participants with some basic album-designing experience to learn in-depth, advanced techniques. Participants should bring their own pictures and artistic ideas to create a beautiful, personalized album. Students will receive a confirmation letter with a list of supplies totaling approximately \$60-\$100.

Course Code: MMA2

Tuesdays—8 Sessions

7:00-9:00 pm

Meeting Dates: 3/30, 4/6,
4/13, 4/27, 5/4, 5/11, 5/18,
5/25

Pet Adoption for Beginners

Instructor—TBA

Each year hundreds of families in Massachusetts adopt pets from shelters. However, many of those pets are returned within days because the adoptive families are unsure about how to deal with some specific issues involved in adopting a pet. This course is designed to introduce prospective families to the pet adoption process and resources for handling this very important decision so that families can enjoy their experience and their new family members!

Course Code: P101

Tuesdays—4 Sessions

7:00-9:00 pm

Meeting Dates: 3/30, 4/6,
4/13, 4/27

Cost: \$80 per adult

\$100 per adult + one child
under age 18

Thursday Night Courses

Introduction to Garden Design

Donna Rudek

Owner, Gardens by Design

It is that time of year again! This is your chance to tackle that garden design project you've been putting off for years. Join a professional designer on the journey to learning garden design principles and basic maintenance in order to create harmony between your home and your environment. Participants should come to the first class with a project in mind. Participants will receive a confirmation letter with a list of supplies totaling approximately \$30.

Course Code: INGD

Thursdays—8 Sessions

Meeting Dates: 4/1, 4/8, 4/15, 4/29, 5/6, 5/13, 5/20, 5/27

Cost: \$160 per person

Introduction to Conversational Spanish

Lucy Tessnau

Retired Teacher, SPS

Learn to speak Spanish in a supportive and fun environment. Students will have the opportunity to develop basic conversational skills such as grammar, vocabulary and pronunciation. This course is designed for students with little or no previous foreign language experience.

Course Code: INSP

Thursdays—5 Sessions

7:00-9:00 pm

Meeting Dates: 4/1, 4/8, 4/15, 4/29, 5/6

Cost: \$100 per person

Introduction to Watercolors

Robert Wilson

Teacher, Shrewsbury MS

Designed for the beginner who wants to learn and practice techniques such as using washes, charging colors, and lifting and archiving. Participants will practice with exercises and actual paintings. Tuition does not include supplies. Participants will receive a confirmation letter with a list of supplies totaling approximately \$30.

Course Code: INWC

Thursdays—4 Sessions

7:00-9:00 pm

Meeting Dates: 4/1, 4/8, 4/15, 4/29

Cost: \$80 per person

Knitting 102

Cynthia Barko

Teacher, Shrewsbury PS

A follow-up to our most popular class—this one is sure to be another hit! Join the knitting revolution with this innovative open studio-style class instructed by one of Shrewsbury's most renowned knitters! This course is appropriate for beginners and intermediates alike. Tuition does not include supplies. Participants will receive a confirmation letter with a supply list totaling approximately \$20. Limited to 12 participants—sign up soon!

Course Code: KNT2

Thursdays—8 sessions

7:00-9:00 pm

Meeting Dates: 4/1, 4/8, 4/15, 4/29, 5/6, 5/13, 5/20, 5/27

Cost: \$160 per person

Reading Art

Robert Wilson

Teacher, Shrewsbury MS

Ever wanted to experience art like the critics do? Here is your chance to learn about art in an intellectual atmosphere and with the correct terminology. This course is designed to instruct participants on viewing and discussing various works of art. Small art projects will be used to help teach vocabulary and concepts. The course will culminate in a trip to a local art museum (entrance fee not included in tuition).

Course Code: RDAR

Thursdays—4 Sessions

7:00-9:00 pm

Meeting Dates: 5/6, 5/13, 5/20, 5/27

Cost: \$80 per person

Gentle Hatha Yoga

Christina MacDonald

Certified Yoga Instructor

The peoples of Asia have known for thousands of years how important balance and alignment can be to a person's overall well-being. This is a Hatha Yoga class designed to provide participants with deep relaxation and stretching techniques and a method for bringing the body, mind, and spirit into alignment. Participants will see how stretching and focus can promote balance and rejuvenation in our daily lives. Participants will need a Yoga Sticky Mat and blanket for the first class. Wear comfortable, flexible clothing and warm socks.

Course Code: HAYA

Thursdays—5 Sessions

7:30-8:30 pm

Meeting Dates: 4/29, 5/6, 5/13, 5/20, 5/27

Cost: \$50 per person



Making Memories with Albums—I

Mary Pritchard

Creative Memories Consultant

Most families store their memories in a closet or a shoebox. However, a new trend in preserving family memories integrates photographs, and scrap booking techniques to create beautiful and festive family albums. This course will focus on basic techniques and allow participants to create a unique album of their own. Students will receive a confirmation letter with a list of supplies totaling approximately \$60-\$100.

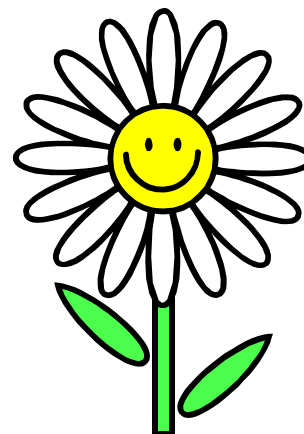
Course Code: MMA1

Thursdays—8 Sessions

7:00-9:00 pm

Meeting Dates: 4/1, 4/8, 4/15, 4/29, 5/6, 5/13, 5/20, 5/27

Cost: \$160 per person



Introducing: New One and Two -Night Workshops

In response to requests from members of our community, we are pleased to be offering a series of one and two-night workshops based on a variety of topics. These workshops are informative and hands-on but require minimal time commitments. We hope you enjoy these offerings!



*"To me education is
a leading out of
what is already there
in the pupil's soul."
-Muriel Spark, from
The Prime of Miss
Jean Brodie*



Introduction to Microsoft Word

Joyce Brindisi

Software Training Consultant

If you are telling yourself that there must be an easier way to use MS Word, there is! This class is designed for the home computer user who wants to learn the shortcuts to using word effectively. We'll create documents and learn some time-saving tips for editing, formatting, and printing a document.

Course Code: INMW

1 Tuesday—7:00—9:00 pm

Meeting Date: 3/30

Cost: \$20 per person

Creating a Slideshow with PowerPoint

Joyce Brindisi

Software Training Consultant

Would you like to impress your coworkers, family members and friends with a slideshow? PowerPoint is a simple way to organize and present information in any atmosphere. This class is suited for the home or business user who would like to learn the "ins and outs" of creating slides, applying a design and preparing a slideshow.

Course Code: CTPR

1 Tuesday—7:00—9:00 pm

Meeting Date: 4/6

Cost: \$20 per person

Introduction to Microsoft Excel

Joyce Brindisi

Software Training Consultant

You don't have to be a budget analyst or an accountant to use MS Excel. Participants in this one-night workshop will have the opportunity to work on mastering the basics and creating documents. We will concentrate on creating spreadsheets and learn the quick and easy ways to make those documents work at home.

Course Code: INME

1 Thursday—7:00—9:00 pm

Meeting Date: 4/1

Cost: \$20 per person

Stargazing for Beginners

Brian MacDonald

BA, Natural Science

Ever looked up at the night sky and wondered about what you are seeing? This class will take the curious earthling and introduce him or her to the world of amateur astronomy. We will discuss star charts, telescopes and other observational tools and dispel some common myths about skywatching. Participants need not have previous scientific or astronomical experience.

Course Code: SGFB

2 Thursdays

7:00-9:00 pm

Meeting Dates: 5/20, 5/27

Cost: \$40 per person

How to Register ...

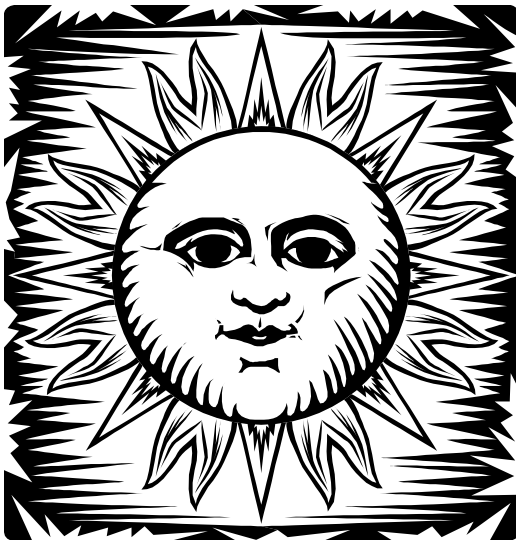
Register as soon as possible—
classes will fill up quickly!

Spring Session Begins:

Tuesday, March 30

There will be no classes held on:

Week of April 20–23, School
Vacation Week



Participants may register using
the following methods:

By Mail:

Fill in the registration sheet on the
last page of the catalog and mail
with full payment to:

Shrewsbury Adult Education
Program
c/o Shrewsbury Public Schools
100 Maple Avenue
Shrewsbury, MA 01545

Walk-In:

You may drop your completed reg-
istration form with full payment
off at the offices of the Shrewsbury
Public Schools, 100 Maple Avenue
in Shrewsbury.

Policies & Guidelines

Registration

Registrants should follow the directions included on the registration sheet. It is understood that programs have enrollment requirements and limits, and registration is provided on a first-come, first-served basis. Registrations are non-transferable. Registrations are not accepted without a completed registration form. Registrations may be accepted by mail or in person. Registrations will be accepted for participants 18 years of age or older, unless otherwise indicated. Registration confirmations, including room numbers, will be sent prior to the first class meeting.

Refunds and Cancellations

Programs may be cancelled if there is insufficient enrollment (full refunds will be made). Classes may be cancelled due to inclement weather or any time the Shrewsbury Public Schools are closed. In such cases, the teacher and class participants will decide on when to make up the missed sessions. Information regarding the cancellation of Adult Education classes will be available on the Shrewsbury Public Schools homepage under "School Delays and Cancellations."

Tuition

Full tuition must accompany registration. Payment may be made by check or money order only. Tuition paid for one term may not be credited to another term. Checks should be made out to: Shrewsbury Public Schools. There will be a \$25 fee assessed to returned checks.

Filled Courses

If your course is filled, your name will be added to a waiting list and you will be notified if an opening exists. You will not be charged tuition until you have been officially enrolled in the course and a confirmation letter has been sent.

Liability

Participants do so at their own risk and agree to waive and release any and all claims of personal injury or property damage they may have arising from this participation.

Policy of Nondiscrimination

The Shrewsbury Adult Education Program welcomes students regardless of age, race, color, gender or sexual orientation, religion, disability, nationality or ethnic origin.

Registration

Last Name

First Name

MI

Street Address

Town

State

Zip Code

Telephone Number

Email

Courses I would like to register for:

Course Name

Course Code

Day & Time

of Sessions

Cost

Course Name

Course Code

Day & Time

of Sessions

Cost

I would like to pay via:

_____ Check (Payable to: Shrewsbury Public Schools)

_____ Money Order

(Cash cannot be accepted)

Participants do so at their own risk and agree to waive and release any and all claims of personal injury or property damage they may have arising from this participation. By signing this registration form, I agree to and accept all policies set forth by the Shrewsbury Adult Education Program.

Registrant's Signature

Date

Please return this registration form with full payment to:**Shrewsbury Adult Education, 100 Maple Avenue, Shrewsbury, MA 01545**